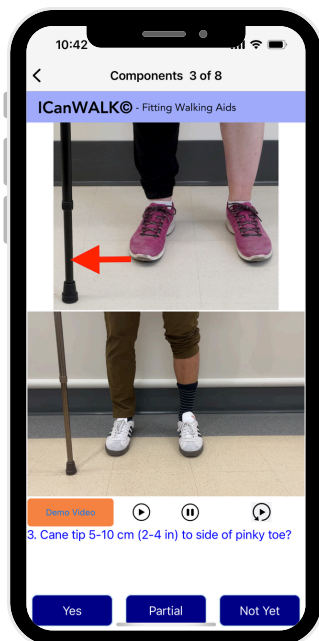


# Learn More Skills With Our App!

We developed an interactive video-based app to help teach walking aid users how to fit and walk with their devices.

It's called Improving Canadians' Walking Aids Skills, Learning, and Knowledge© (ICanWALK©)

ICanWALK© is available through downloading the MOVE Improve® app on the Apple App Store and the Google Play Store!



(Image from Creative Commons)

## Interested in Learning More?



Web: <https://icanwalk.info>

X: @MobilityBetter

Instagram: @BetterMobilityLab

#### References:

1. Sainsbury & Mulley. BMJ 1982.
2. Bateni & Maki. Arch Phys Med Rehabil 2005.
3. Liu et al. Arch Gerontol Geriatr 2011.
4. Hegeman & Huh. Foot & Ankle Int 2024.
5. Manocha et al. PMR 2021.

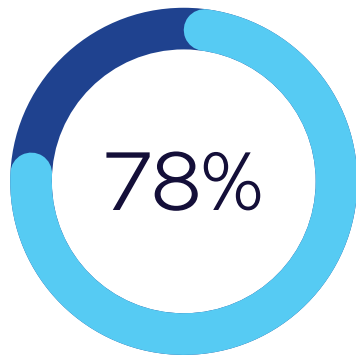


## How Do I Fit My Cane?

### A resource for cane users

Created by Jose Uriel Perez (MBT, BHSc), Ranita Manocha (MD, MSc), & the ICanWALK© Knowledge User Engagement Group

# The Problem:



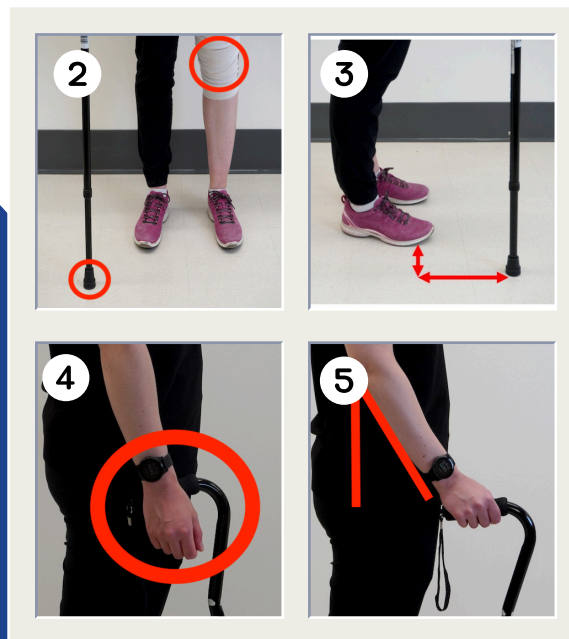
Nearly 80% of older adults use canes that are too long or too short<sup>1</sup>

Although canes are widely used, many people acquire them without seeking advice from a healthcare professional<sup>2,3</sup>

# How to Fit Your Cane:<sup>4</sup>

1. Wear flat-soled shoes.
2. Place the cane in the hand opposite to the side of the weaker/injured leg.
3. Place the cane tip about 5-10 cm (2-4 in) to the side of your pinky toe, and about 15 cm (6 in) in front of your pinky toe.
4. Let your arms hang by the side. The cane handle should be at the level of your wrist crease.
5. Now hold the cane handle. Your elbow should be bent to about 15-30°.

*Please note that these are general guidelines only and do not constitute medical advice. Please speak to your healthcare provider to ensure this applies to your condition.*



*Many walking aid users don't receive training on fitting their device, and this can cause upper body pain or injury.<sup>5</sup>*

*"It's very easy to obtain [walking aids]... but what's not there is personalized fitting or supports for how you use it."*

*-Matt*

*"I want the quick and dirty on how to use [my walking aid] right so that I won't fall into dangerous habits that cause future physical problems."*

*-Mary*

(O'Brien et al., 2024)